

The Kitchen Cabinet

DESSERTS FOR HOT DAYS.

He knows not his own strength who has not met adversity.—Ben Jonson.

Our critics and failures are our best friends.—Chas. Mann.

The feed dishes made of buttermilk or sour milk, egg, fruit juices and sugar, frozen as any ice cream, are most acceptable for a change during the hot weather and many like the flavor, finding them more agreeable than the richer ice creams.

Midsummer Ice.—Take a pint each of raspberries and currants, canned fruit will do. Put the fruit through a sieve and add a strup of sugar and water, using a cupful of sugar to two of water; cool and add to the strained juice. Freeze as usual, serve with a garnish of preserved or fresh fruit.

Rice With Raspberry Sauce.—Cook rice and mold in a hollow mold. Turn on to a platter and surround with raspberry sauce, or jam or the fresh berries well mixed with sugar.

Raspberry Whip.—It is wise to prepare berries for this dish in their season. Simply wash them and mix with an equal bulk of sugar, then put in sterile jars and seal. Keep in the ice chest or on the floor of a cool cellar. Take a cupful and a half of the crushed berries and beat with two egg whites until stiff enough to stand in shape. Serve in high glasses with a soft custard. If fresh berries are used, add a cupful of powdered sugar to a cupful and a half of berries.

Raspberry Bavarian Cream.—Take a cupful and a half of sifted raspberry pulp and juice and the same amount of heavy cream, a cupful of sugar, if fruit is fresh, and a tablespoonful of gelatin, a tablespoonful of lemon juice and a fourth of a cupful of water in which the gelatin was softened. Stir in the fruit juices with the gelatin until it begins to thicken. Whip the cream and fold it in, pour into a mold that has been lightly greased with olive oil. Chill five hours and serve with a garnish of fresh berries or jam.

Angel Food With Berries.—Cut angel food in squares, cover with sweetened crushed berries, top with whipped cream, and serve well chilled. This is such a simple dessert and yet most tasty. Sponge cake may be used in the place of angel food.

LIGHT DESSERTS.

You will realize the vision (not the title wish) of your heart, be it base or beautiful, or a halfway between the two, if you will always gravitate toward that which you secretly love. Into your hands will be placed the exact results of your own thought; you will receive that which you earn, no more, no less. Whatever your present environment may be, you will fall or rise with your own thoughts, your vision, your ideal. You will become a great success, a controlling desire, as great as your dominant aspiration.—James Allen.

At the Palace of Sweets one finds many new tempting dishes that can be easily prepared at home. The banana split is one of these. Split a well-ripened banana in two and place on a chilled plate, on the top of the fruit put a layer of vanilla ice cream and over this a little finely chopped or grated pineapple, a few chopped almonds and lastly a spoonful of whipped cream garnished with a cherry.

Walnut Delight.—Scald a pint of sweet milk with two level tablespoonfuls of cornstarch; add one-half cupful of sugar and cook until the starch is well done. Beat one egg until light, stir into the slightly cooled custard, then add a half cupful of chopped walnuts and a half teaspoonful of vanilla. Pour into molds and allow to set. When ready to serve, garnish with two or three toasted marshmallows.

Marshmallow Glace.—Make a strup of a cupful of sugar and one-half cupful of water, add ten marshmallows and allow them to melt. Stir and if too thick add a little hot water to make a sort of paste; flavor with vanilla and set aside. Make a second strup of a cupful of sugar and a half cupful of water, when well dissolved mix a little of the strup with three teaspoonfuls of cocoa; stir into the strup and melt the cocoa. Put portions of vanilla ice cream in sherbet cups, pour over some of the marshmallow mixture and over all the hot chocolate strup. Serve immediately.

Chantrelle of Jelly.—Remove the center from a round sponge cake, leaving an inch at the bottom and sides. Into this portion, pour a flavored gelatin jelly when it is just ready to set. Serve with a cover of sweetened and flavored whipped cream and with a garnish of fresh fruit.

Custards with coconut are delicious. Put the custard in the cups, then over the top put a generous tablespoonful of fresh grated coconut and a grating of orange peel. A little more sugar will be needed in this custard, as the coconut increases the bulk.

BRIEF INFORMATION

The population within a 100-mile radius of Bristol, England, is 10,000,000. Passengers and mails can be conveyed from the Royal Edward dock passenger station to London or Birmingham within two hours.

In the construction of a California home, the pipes of an organ are hidden in the grill work of the room, so that only the console is visible, and this may be drawn about the room to any convenient location.

LOOK OUT FOR BLACK BEETLE

Be on the lookout for the black beetle which does such deadly work among the asters. Don't let a day go by without an inspection of your plants, for if he comes, and his presence is not discovered at once, he will accomplish his full purpose before you are aware.

I have had plants ruined in a day by the ravages of this most destructive creature. As soon as one is discovered, prepare an infusion of soap

SALADS FOR HOT DAYS.

To grow a little wiser day by day, to keep my mind and body to obey, to keep my inner life both clean and strong, to free my life from guile, my hand from wrong, to shut the door on hate and scorn and pride, to open them to love the windows wide.

During the hot days we eliminate as much heat from the house as possible and the thinking housewife remembers that foods produce heat, and those which give off the minimum are the foods to serve during the hot weather.

The one who reduces the heat-producing foods, starch, fat and sugar, and replaces them with foods not rich in these elements, will be better fitted to endure the weather without overheating the system.

Eggs, cheese, fish, in combination with various vegetables served in the place of meat are most attractive and satisfying salads.

Some vegetables are richer in the protein element than others; peas, beans and lentils are the nearest to meat of any vegetable.

Roquefort Salad.—Prepare crisp head lettuce and arrange on individual plates. Prepare a salad dressing of a tablespoonful of vinegar to three of oil, a half teaspoonful of salt, a few dashes of red pepper; doubling this portion as needed. Cream a tablespoonful of roquefort cheese and add to the dressing, beaten well to blend, with an egg beater.

Cheese Jelly Salad.—Mix a half cupful of good flavored cheese with a cupful of whipped cream; add salt and pepper to taste and a teaspoonful of gelatin dissolved in three-fourths of a cupful of water. Mold in one large or in individual molds. Cover each mold with grated cheese when it begins to harden. Serve with French dressing to which grated cheese has been added, as well as a tablespoonful of catchup.

Nearly all fruits have acids and salts in solution which are cooling, and that have tonic properties. A fruit salad is a most gratifying one to serve on a hot day; it serves as a salad and as a dessert. With the addition of a few nuts it will also be sufficiently nourishing.

Slice tomatoes, small ones, in halves, sprinkle with chopped, green peppers and onion and serve with French dressing.

SALADS AND SANDWICHES.

If we do our best, if we do not magnify trifling troubles, if we look realistically, if we do not see the bright side of things, but at things as they really are, if we will ourselves of the most, we cannot but feel that life is indeed a blessing inheritance.—Sir John Lubbock.

Salads and sandwiches seem the most appropriate food to serve for the light supper or refreshments on a hot day.

St. Regis Salad.—Wash a pair of sweetbreads and drop with a bay leaf into boiling water, simmer until tender, then chill by putting in cold water and cut in bits, removing all the membrane. Take equal parts of finely-cut celery and mix with the sweetbreads; add a handful of blanched almonds, cut in shreds. Walnuts may be used, but they are more difficult to blanch. Cut in halves, a cupful of Malaga grapes, removing the seeds, add mayonnaise dressing which has been mixed with a little whipped cream. Mix all the ingredients and arrange on individual plates in lettuce leaves. Garnish with stuffed olives, sliced. This will serve eight persons easily.

Fruit and Pepper Salad.—Cut in dice a small bunch of celery, enough to make three cupfuls; add four medium-sized apples and a can of pineapple, one can of red peppers and one sweet, green pepper, chopped. Mix lightly with mayonnaise dressing and serve in green pepper cups or in halves of lemons. These may be saved for the purpose of making lemonade. The green peppers may be cut, leaving a small handle like a basket.

Olive and Celery Sandwiches.—Chop separately in a chopping bowl an equal quantity of stuffed olives, (the kind stuffed with pimento) and tender celery. Mix and moisten with sufficient mayonnaise dressing to spread easily. Put on buttered bread and cut in any desired form.

Poppy Seed Salad.—Place head lettuce, well crisped and drained, on the salad plates; sprinkle with grated sage cheese. Roast until well browned in a half cupful of poppy seeds and sprinkle over with salad. Serve with French dressing.

A tart apple chopped with equal quantities of southern onion served on lettuce with a good dressing is a most tasty salad.

Nellie Maxwell

In Woman's Realm

Coat Suits for Fall and Winter Show Little Changes in Style, Though Their Designers Have Been Successful in Turning Out Becoming and Beautiful Garments — Illustration Shows Some of the New Millinery Styles.

A review of numbers of new coat suits for fall and winter reveals only minor changes in style and no radical new departures in trimmings and finish. But styles are reserved and elegant, lines are trim and becoming, and colors are beautiful, so the new fall suits are destined to satisfy even an exacting taste. Manufacturers say that women are growing more discriminating and that the demand is for good materials and exact workmanship as well as smart style.

As changes in style, coats are longer than they have been and many

widen the figure. Even the collar lengthens the neck and shoulder lines. Three pretty new hats, each an exponent of its particular kind of millinery, are shown in the group picture. They are of velvet and of felt and velvet. So far, velvet dominates the season, but there are close seconds in silk and satin, or in brilliant silks and satins are used, alone or in conjunction with velvet, for making the new shapes.

Shapes the coming fall are characterized by great variety in size, from



COAT SUIT FOR FALL AND WINTER.

of them show a closer adjustment to the figure, above the waistline, than for several seasons. Collars are high, usually of the turnover variety. Skirts and coats remain full, and for trimming there is the choice of fur or fabrics, braid, buttons, and machine stitching. Skirts have been made longer also and appear in both ankle and instep lengths. But it remains to be proved that women will make a fashion of this feature of the new models. The skirt cut to reach a little below the shoe top has so much to recommend it. For the street suit it is easy to walk in, clean, and smart looking. Some designers have planned their faith in the tailored skirt of a sensible length, and in this one instance, anyway, sensible goes hand in

with the close-fitting turban to the very broad-brimmed sailors. They include mushroom inspired, those that show a colonial inspiration, the Napoleon, and many "fams." Many inequalities in width abound in a single trim and all sorts of curvings, droopings, and liftings make them interesting. Trimmings are exquisitely made and they are designed to emphasize the contour of the shape, or at least not to interfere with its lines. Tinsel braids, head and silk embroidery, narrow ribbons and fancy feathers are among the most important trimmings. At the center of the picture a wide-brimmed mushroom shape is shown. It is made of black velvet and the facing is of satin in a contrasting color. It will be noticed that the brim widens



EXPOUNDS OF NEW MILLINERY STYLES.

hand with smart-looking. The longer skirt is not as attractive as the short model.

A good example of the new styles appears in the street suit shown. It is of dainty in dark brown and employs a little silk braid of the same color, with bone buttons for adornment. The skirt is plain and moderately full. The coat is an excellent model for a street figure, with an unbroken line down the front and a flare to its skirt that is not calculated to

at the back. Its simple decoration is made of a ruche of box-plaited ribbon tied in a rosette at the base of a spray of fancy feathers at the collar. The small turban at the left is of burgundy felt with a wide collar of velvet about it. Velvet ribbon in two shades is drawn through slashes in the collar. Loops of gilt cord and two pendant balls finish the trimming.

The sides of the house are finished with alternate wide and narrow rows of beveled siding, having fancy panel work set up under the gables. The porch rail is built up from the ground line with rough brick, capped with an overhanging ledge of beveled siding. The two heavy porch columns are plastered from the top of the rail up to the roof, and these are capped, in balance with the rail, by a single course of brick on edge. The outside-bell chimney, in carrying out the idea established in the porch design, is built of brick cap at the top. The roof has a graceful slope, which is swung out over the porch in a broad curve. The wide expanse of roof is broken by the formers, which are very artistically designed. The ends of all rafters are exposed and a unique touch is added in the use of heavy exposed purlins, built up of

great luminous balls set in among one of the large shallow bays, used now as a little lake for single floating flowers, gives a pleasing fantastic effect which may be further enhanced by polishing here and there on the ball several of the new celluloid butterfly mirrors. Mirror balls are becoming popular also for porch decoration, and in the very large sizes for garden adornment. For garden ornaments they come set in wrought metal standards.

Husbands Take Notice.

In the American Rose Crusade for April 1 I find the following bit of wise advice to husbands taken from the papyrus or book of Pharaoh-Kotep, found in the tomb of a pharaoh who lived about 3,500 years before Christ, and given to the National Library in Paris in 1847, says a writer in the Nautilus. "Fill her stomach with food, clothe her back; there are the cues to be bestowed upon her body. Careless her and fulfill her wishes during the time of her existence; it is a form of well-

doing which does thee honor. Be not brutal; good manners will influence her better than force. Give her what she longs for. It is these things which make steadfastness in the house; if thou repellist her it is an abyss."

Unusual.

"Glady's will insist on making her self conspicuous by the way she dresses," exclaimed the critical girl. "What does she wear?" "Skirts that come away down below the tops of her shoes!"

UNUSUAL DESIGN FOR SMALL HOME

Excellent Balance Is Maintained Between the Exterior and the Interior.

HAS SEVEN LARGE ROOMS

Yet It Has the Appearance of a Little Bungalow and There Is No Suggestion of Crowding—Many Conveniences Provided.

By WILLIAM A. RADFORD.

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 137 Prairie avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

There are few people who do not desire an air of coziness in their home—that suggestion of snugness which seems a part of the little bungalow and extends an invitation to all who pass by to come into the little home where comforts are provided in every nook and corner. This quality seems to be always associated with a small home, and those who must have a larger house are often led to discard their desire in this direction and center their attention on arrangement of rooms only.

Perhaps the arrangement of rooms is of initial importance in planning a house, since the family will naturally derive the greatest benefits from living in it rather than standing on the outside where they can enjoy the outward appearance of it, but there is more than one reason why the home builder should expect the architect to extend the nicety of his design to exterior details and why he should him-

self be liberal with the architect in allowing the arrangement of rooms to be shifted until a balance is obtained which will favor neither the interior or the exterior. The home builder's suggestions are always a help to the architect and the house design which is based upon a fundamental skeleton set in the mind of the owner added to, refined and polished by the designer, who is not hampered by a set room arrangement, is many times the basis of a home which is far better than the

bookcase built beneath a fancy glass window. A large window is situated on the other side of the fireplace. The dining room is entered through a closed opening flanked by bookcases.

A three-window bay is built into the wall of the dining room and a buffet is set against the inside wall. The room is a square, which is the best shape for a dining room, since there is plenty of space on all sides of the table and when it is placed in the center of the room, the kitchen is in the rear of the dining room and may be entered through a swinging door.

The ability of the architect is ably illustrated in the arrangement of the kitchen. Every convenience of a light and airy kitchen, a carefully planned pantry and a breakfast porch are here combined in one room. A table in which the sink is set runs along the side wall, with a window above it. One cupboard is located conveniently across the dividing wall between the kitchen and the dining room, and another is built into the outside corner above the space occupied by the refrigerator. Across the room is a little breakfast-nook table with a seat built on each side. This little table will save many steps in serving breakfast and will command itself in many other ways. There is ample room for a stove against the inside wall.

Another feature which will find favor with most people is the bedroom and toilet on the first floor. These rooms are entered from a hall leading toward the rear of the house, past the door from the living room. This hall is also connected with a side entry by a flight of four steps. The basement is reached from this entry.

There are two large bedrooms and a sleeping porch, which is really another bedroom having practically one entire side built of windows, on the second floor. A hall connects them all and also leads to the bathroom. The front bedroom is an especially pleasant room, having five casement windows under two of which seats are built.

Action of the Sun on Skin.

A beautiful face is a silent recommendation and an index to your state of happiness and health. Even the most penicilline skin proves to be a pleasing background for a dainty brown mole or "beauty spot." But there are blemishes and blemishes, remarks the Popular Science Monthly. What is usually spoken of as freckles are spots of yellowish brown color. Especially after the skin has been exposed to the sun for a long while do freckles make their unhappy appearance. In most instances, however, freckles are the result of the action of the sun on certain cells of the skin, which causes these cells to produce coloring matter, or pigment, which remains there for a long time.

A Boy on Ship.

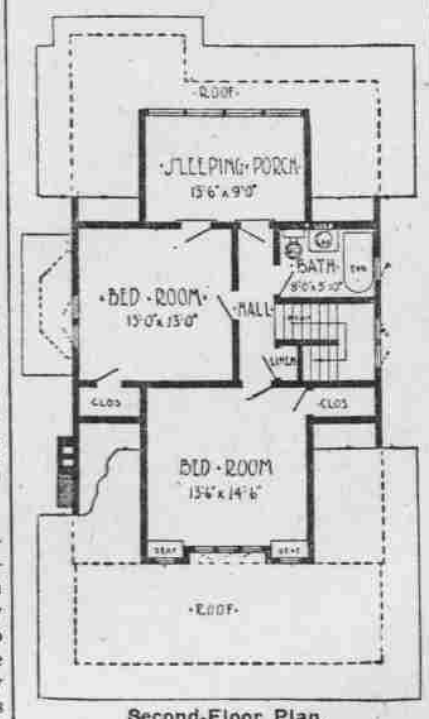
Here's a boy's composition on ships: "Ships are useful for going to foreign countries to teach savages how to dress. If there were no ships people would not go to the museum to see models. Sailors are very busy men and are always chewing tobacco to prevent seasickness. Poets get a living with writing about ships."

Austria's Marriage Law.

The Austrian supreme court has decided that the law prohibiting marriages between Christians and non-Christians applies to marriages contracted outside Austria. The court held invalid the marriage of Count Rudolf Schirring and a Protestant of Berlin. The count left the Roman Catholic church in 1913, and was married here in August, 1914. In the following October he returned to the Catholic faith. The lower courts held the marriage was invalid, and this de-

three lengths of timber, under the rafters of both the main roof and the dormer roofs. The appearance is very striking when the body of the house is finished in some dark tint with pure white trim.

Even though this exterior design seems to have been the chief object of attention—it is so thoroughly saturated with good ideas—there is also a continuous store of good points in design waiting for the person who opens the heavy oak door with its



Second-Floor Plan.

three little vertical panels of plate glass, and passes through the house to the handy rear door.

The living room is large enough to entertain small guests. It extends across the entire width of the house and is lighted through six windows. A fancy balustrade with two square posts is built along the side of the staircase leading to the upper floor. A brick fireplace is set into the wall at the end of the room to the left of this entrance. In the corner of the house next to the fireplace is a handy

6803X

An Exceptionally Well-Designed Home.

bookcase built beneath a fancy glass window. A large window is situated on the other side of the fireplace. The dining room is entered through a closed opening flanked by bookcases.

The ability of the architect is ably illustrated in the arrangement of the kitchen. Every convenience of a light and airy kitchen, a carefully planned pantry and a breakfast porch are here combined in one room. A table in which the sink is set runs along the side wall, with a window above it. One cupboard is located conveniently across the dividing wall between the kitchen and the dining room, and another is built into the outside corner above the space occupied by the refrigerator. Across the room is a little breakfast-nook table with a seat built on each side. This little table will save many steps in serving breakfast and will command itself in many other ways. There is ample room for a stove against the inside wall.

Another feature which will find favor with most people is the bedroom and toilet on the first floor. These rooms are entered from a hall leading toward the rear of the house, past the door from the living room. This hall is also connected with a side entry by a flight of four steps. The basement is reached from this entry.

There are two large bedrooms and a sleeping porch, which is really another bedroom having practically one entire side built of windows, on the second floor. A hall connects them all and also leads to the bathroom. The front bedroom is an especially pleasant room, having five casement windows under two of which seats are built.

Action of the Sun on Skin.

A beautiful face is a silent recommendation and an index to your state of happiness and health. Even the most penicilline skin proves to be a pleasing background for a dainty brown mole or "beauty spot." But there are blemishes and blemishes, remarks the Popular Science Monthly. What is usually spoken of as freckles are spots of yellowish brown color. Especially after the skin has been exposed to the sun for a long while do freckles make their unhappy appearance. In most instances, however, freckles are the result of the action of the sun on certain cells of the skin, which causes these cells to produce coloring matter, or pigment, which remains there for a long time.

A Boy on Ship.

Here's a boy's composition on ships: "Ships are useful for going to foreign countries to teach savages how to dress. If there were no ships people would not go to the museum to see models. Sailors are very busy men and are always chewing tobacco to prevent seasickness. Poets get a living with writing about ships."

Austria's Marriage Law.

The Austrian supreme court has decided that the law prohibiting marriages between Christians and non-Christians applies to marriages contracted outside Austria. The court held invalid the marriage of Count Rudolf Schirring and a Protestant of Berlin. The count left the Roman Catholic church in 1913, and was married here in August, 1914. In the following October he returned to the Catholic faith. The lower courts held the marriage was invalid, and this de-

DADDY'S EVENING FAIRY TALE

Excellent Balance Is Maintained Between the Exterior and the Interior.

HAS SEVEN LARGE ROOMS

Yet It Has the Appearance of a Little Bungalow and There Is No Suggestion of Crowding—Many Conveniences Provided.

By WILLIAM A. RADFORD.

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 137 Prairie avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

There are few people who do not desire an air of coziness in their home—that suggestion of snugness which seems a part of the little bungalow and extends an invitation to all who pass by to come into the little home where comforts are provided in every nook and corner. This quality seems to be always associated with a small home, and those who must have a larger house are often led to discard their desire in this direction and center their attention on arrangement of rooms only.

Perhaps the arrangement of rooms is of initial importance in planning a house, since the family will naturally derive the greatest benefits from living in it rather than standing on the outside where they can enjoy the outward appearance of it, but there is more than one reason why the home builder should expect the architect to extend the nicety of his design to exterior details and why he should him-

self be liberal with the architect in allowing the arrangement of rooms to be shifted until a balance is obtained which will favor neither the interior or the exterior. The home builder's suggestions are always a help to the architect and the house design which is based upon a fundamental skeleton set in the mind of the owner added to, refined and polished by the designer, who is not hampered by a set room arrangement, is many times the basis of a home which is far better than the

bookcase built beneath a fancy glass window. A large window is situated on the other side of the fireplace. The dining room is entered through a closed opening flanked by bookcases.

A three-window bay is built into the wall of the dining room and a buffet is set against the inside wall. The room is a square, which is the best shape for a dining room, since there is plenty of space on all sides of the table and when it is placed in the center of the room, the kitchen is in the rear of the dining room and may be entered through a swinging door.

The ability of the architect is ably illustrated in the arrangement of the kitchen. Every convenience of a light and airy kitchen, a carefully planned pantry and a breakfast porch are here combined in one room. A table in which the sink is set runs along the side wall, with a window above it. One cupboard is located conveniently across the dividing wall between the kitchen and the dining room, and another is built into the outside corner above the space occupied by the refrigerator. Across the room is a little breakfast-nook table with a seat built on each side. This little table will save many steps in serving breakfast and will command itself in many other ways. There is ample room for a stove against the inside wall.

Another feature which will find favor with most people is the bedroom and toilet on the first floor. These rooms are entered from a hall leading toward the rear of the house, past the door from the living room. This hall is also connected with a side entry by a flight of four steps. The basement is reached from this entry.

There are two large bedrooms and a sleeping porch, which is really another bedroom having practically one entire side built of windows, on the second floor. A hall connects them all and also leads to the bathroom. The front bedroom is an especially pleasant room, having five casement windows under two of which seats are built.

Action of the Sun on Skin.

A beautiful face is a silent recommendation and an index to your state of happiness and health. Even the most penicilline skin proves to be a pleasing background for a dainty brown mole or "beauty spot." But there are blemishes and blemishes, remarks the Popular Science Monthly. What is usually spoken of as freckles are spots of yellowish brown color. Especially after the skin has been exposed to the sun for a long while do freckles make their unhappy appearance. In most instances, however, freckles are the result of the action of the sun on certain cells of the skin, which causes these cells to produce coloring matter, or pigment, which remains there for a long time.

A Boy on Ship.

Here's a boy's composition on ships: "Ships are useful for going to foreign countries to teach savages how to dress. If there were no ships people would not go to the museum to see models. Sailors are very busy men and are always chewing tobacco to prevent seasickness. Poets get a living with writing about ships."

Austria's Marriage Law.

The Austrian supreme court has decided that the law prohibiting marriages between Christians and non-Christians applies to marriages contracted outside Austria. The court held invalid the marriage of Count Rudolf Schirring and a Protestant of Berlin. The count left the Roman Catholic church in 1913, and was married here in August, 1914. In the following October he returned to the Catholic faith. The lower courts held the marriage was invalid, and this de-

ELDERLY WOMEN SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Duration, Wis.—"I am the mother of fourteen children and I owe my life to Lydia E. Pinkham's Vegetable Compound. When I was 45 I was in the Change of Life, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I am now well and healthy and recommend your Compound to other ladies."

—Mrs. MARY KIDWAY, Durand, Wis.

A Massachusetts Woman Writes. Blackstone, Mass.—"My troubles were from my age, and I felt awfully sick for three years. I had hot flashes often and frequently suffered from pains. I took Lydia E. Pinkham's Vegetable Compound and now am well."

—Mrs. FRANK CUNNEEN, Box 225, Blackstone, Mass.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dizziness, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.

HISTORY GETS ANOTHER JOLT

Now It Is Asserted That Elias Howe Was Not the Inventor of the Sewing Machine.

History and the school books tell us, and we have all believed it, that Elias Howe invented the sewing machine. Many pictures have been drawn of the poor inventor, with his model under his arm, going from one capitalist to another, trying to interest them.

Now comes documentary evidence which is introduced to prove that Howe did not invent it, but that it was devised by Frank R. Goulding, in the thirties, while he was a student in the State University of Georgia. He was a restless, energetic young man, who always was experimenting with machines to lighten labor, it is explained. He invented and built a simple lock-stitch mechanism, turned by hand, that sewed ten times as fast as by hand. Goulding showed it to every one and talked about it. Among those who saw it was Elias Howe, who had gone from the North to winter in Georgia. Now it is asserted that Howe took the idea back with him the following spring and patented it, and even drew in history as the inventor of it.

If the story is true, it affords still more evidence to the general opinion that nature rarely endows a man with inventive genius and sound business judgment at the same time.

Feel All Used Up?

Don't your back aches constantly? Do you have sharp twinges when stooping or lifting? Do you feel all used up—as if you could just go no further? A Kidney trouble brings great discomfort. What with backache, headache, dizziness and urinary disturbances it is no wonder one feels all used up.

Doan's Kidney Pills have cured thousands of just such cases. It's the best recommended special kidney remedy.